

Understanding

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by Dr. Janet Kelly
Wave Columnist

During the month of February, we will be looking at a rather uncomfortable, but very important topic: Cancer. This article will focus on some cancer facts for men, but I would encourage all women to be familiar with these facts too. The man in your life may need a little "encouragement" to make the necessary life style changes or to seek medical attention!

In controlling cancer, you can and do make a difference. You can help protect yourself against the cancer by taking the following steps:

Prevent some cancers through simple life style changes.

Find out about early detection tests and know cancer's warning signals.

Gain peace of mind through regular medical check-ups.

LUNG CANCER is the number one cancer among men, both in the number of new cases each year (96,000) and deaths (85,000). Rapidly increasing rates are due mainly to cigarette smoking. Lung cancer now accounts for 25 percent of cancer deaths in this country. This death rate approximates that from all accidental causes. Utah is not exempt from this statistic. In 1984 we can expect 275 new cases

and 225 deaths in our state. Recent reports have suggested that so called passive smoking (exposure to someone else's cigarette smoke) may increase the risk of lung cancer.

When we talk about lung cancer, we are actually talking about four different diseases since that is basically how many different types of lung cancer there are. This is important to know, since each type carries its own prognosis and treatment plan. However, despite the introduction of new treatment modalities, the five year survival rate remains a discouraging 5-10 percent.

Generally, by the time symptoms of lung cancer are recognized, the disease is advanced and untreatable. The usual symptoms of chronic cough, sputum production, shortness of breath, and wheezing are also common among cigarette smokers without lung cancer. Hoarseness, chest pain, difficulty in swallowing, and blood tinged sputum often means the disease is advanced.

Efforts directed toward early detection and treatment have failed to reduce lung cancer mortality substantially. By not smoking, you can largely prevent lung cancer. The risk is reduced by smoking less, and by using lower tar and nicotine brands. But

over the age of 50 years. The most common symptoms are blood in the stool, change in bowel habits, and/or cramping or gnawing abdominal pain. When the disease is detected in the early stages, only about 15 percent of patients will require a permanent colostomy.

For asymptomatic individuals, the following program is recommended:

Over the age of 50, you should have a stool blood test every year.

Over the age of 50, you should have a sigmoidoscope exam (Procto, in which the rectum and part of the colon are inspected through a hollow, lighted tube), every three to five years after two initial negative examinations one year apart.

Over the age of 40, you should have a digital rectal examination every year.

Certain conditions, such as a personal history of polyps or colorectal cancer, a family history of colorectal cancer or ulcerative colitis, increase the risk of developing the disease. Such

cancer.

PROSTATE CANCER is third in cancer deaths (25,000) and second in new cases (76,000) for men. It occurs mainly in men over the age of 60. A regular rectal exam of the prostate by your doctor is the best protection.

Cancer is an uncontrolled growth of abnormal cells. It begins small and, if unchecked, spreads. The chances for cure are best if it is detected in an early, local stage. Consult your doctor to discuss the possible risk factors you may have. Including life style, past medical history, family history, or symptoms. Then discuss ways to reduce these risks and monitor your health in the future. Remember, pain usually is a late symptom of cancer; don't wait for it.

Dr. Kelly is a board certified family practitioner and Assistant Professor with the Department of Family Medicine at the University of Utah. She has recently opened an office in Heber at 570 E. Center Street.

Help Needed for Deer Feeding

The deer feeding program on the Heber Creeper tracks by

Decker Bay is still going, even though the Heber Creeper train is not being used due to track

problems. People with snowmobiles are needed 2-3 days, per week to assist Ron Goden in feeding 400 starving deer. Call Ron Goden or Conservation Officer Mark Connolly for details.

February 1st Snow Pack Above Average

A cold dry January reduced the flooding potential. January precipitation was below one inch of water in most reporting stations on the Provo and Weber River.

inches of snow with 10.5 inches of water. Beaver Creek R.S. has 29 inches of snow with 8.6 inches of water which is 143 percent of average. Smith Morehouse is 132

Warning Issued on Home Heaters

The Utah Department of Health warns owners of portable heating units to use extreme caution when operating a home heater. The Consumer Product Safety Commission reports that Fires caused by supplemental home heaters increased 85 % between 1978 and 1982. The Commission also says that most of these accidents are caused by consumer's lack of knowledge about proper installation, use, and maintenance.

Although fires from home heaters have increased, deaths from such fires has decreased. The Product Safety Commission credits that fact to the increased use of smoke detectors in homes.

The Department of Health also warns consumers about the toxic gases produced when fuels burn. More than 150 carbon monoxide poisoning deaths a year have occurred across the country due to improperly installed or maintained heaters (primarily gas-fueled). It is important to always use such heaters in an adequately ventilated room, even if a window needs to be open slightly. Doors to the rest of the house should also be left open.

Anyone interested in information about space heaters can call the Consumer Product Safety Commission's toll-free number at 800-638-CPSC. A teletypewriter number for the hearing impaired is 800-638-8270.

Cooking Corner

MEXICAN FOOD: HOT—AND NOT THAT HOT
(IT'S NOT ALL HOT!!)



Mexican food...either hot or mild...it delights the palate.